WEED ARMY COMMUNITY HOSPITAL

WELCOME

NEW OB ORIENTATION

ONLINE CLASS

Our Commitment To You

- The OB-GYN Clinic and the Mother-Baby Unit are committed to providing you and your family with the most up-to-date and high-quality care during your pregnancy
- The educational information provided today is not only for Mom but for the whole family

What we will be discussing

- Changes of the body
- Helpful information to get you through your pregnancy
- Important clinic information

Circulatory/Respiratory

So what are some normal changes during pregnancy?

- **Increased blood volume**

  Typically an average of 1.2 liters

- **Nasal Stuffiness/ Nosebleeds**

  Due to increased vasculature during pregnancy

- **Shortness of breath…especially in the 3rd trimester**

  Baby starts to run out of room and so do your lungs!

- **Dizziness, feeling faint**

  As blood vessels to baby develop, lower blood pressures are common

- **Swelling**

  Sluggish blood flow and lymphatic drainage = one puffy momma

Circulatory/Respiratory

What do we watch for?

- **Screen for anemia** with new ob labs and again between 26-28 weeks
- **Watch for blood clots**

  Pregnant women are at an increased risk for blood clots

  - Walk 30 minutes a day
  - Prop your feet when possible
  - Monitor for vericose veins
- **Elevated blood pressures**

  Report any headaches unrelieved by Tylenol, visual changes, or right upper quadrant belly pain not caused by baby to your OB/GYN immediately.

Digestive System

Thanks to varying hormone levels and a sluggish digestive tract, pregnant women may experience one or more digestive troubles….

Digestive Troubles

- Morning sickness
- Constipation
- Hemorrhoids
- Heartburn
- Gas

Click on the “Common Ailments of Pregnancy” to find out what you can do to help these symptoms at home.

Genitourinary

Common symptoms can include…

- **Frequent urination**

A growing uterus takes up room in the 1st and 3rd trimesters

- **Changes in vaginal discharge**

An increase in white vaginal discharge, AKA Leukorrhea, is perfectly normal.

Let your OB/GYN know if you have any foul smelling, yellowish/green discharge or if you experience any vaginal itching, burning, or pain.

Genitourinary

<u>The best treatment is prevention!</u>

- Drink LOTS of water to help flush out your system.

  A GALLON TO A GALLON AND A HALF OF WATER A DAY. IF YOU'RE NOT PEEING CLEAR, YOU'RE NOT DRINKING ENOUGH!

- Prevent contamination and always wipe front to back
- Do kegals every day to strengthen your pelvic floor muscles

Skin & Hair

- Hair thickens, may shed after delivery
- Stretch marks
- Increased perspiration

Chloasma

(Mask of Pregnancy)

Linea Nigra

Musculoskeletal

What you can expect…

- **Joints and ligaments relax**

  This is cause by the hormone *relaxin* and helps widen the birth canal in preparation for delivery.

- **Backache, posture changes**

  Ask your OB/GYN about a maternity belt for support

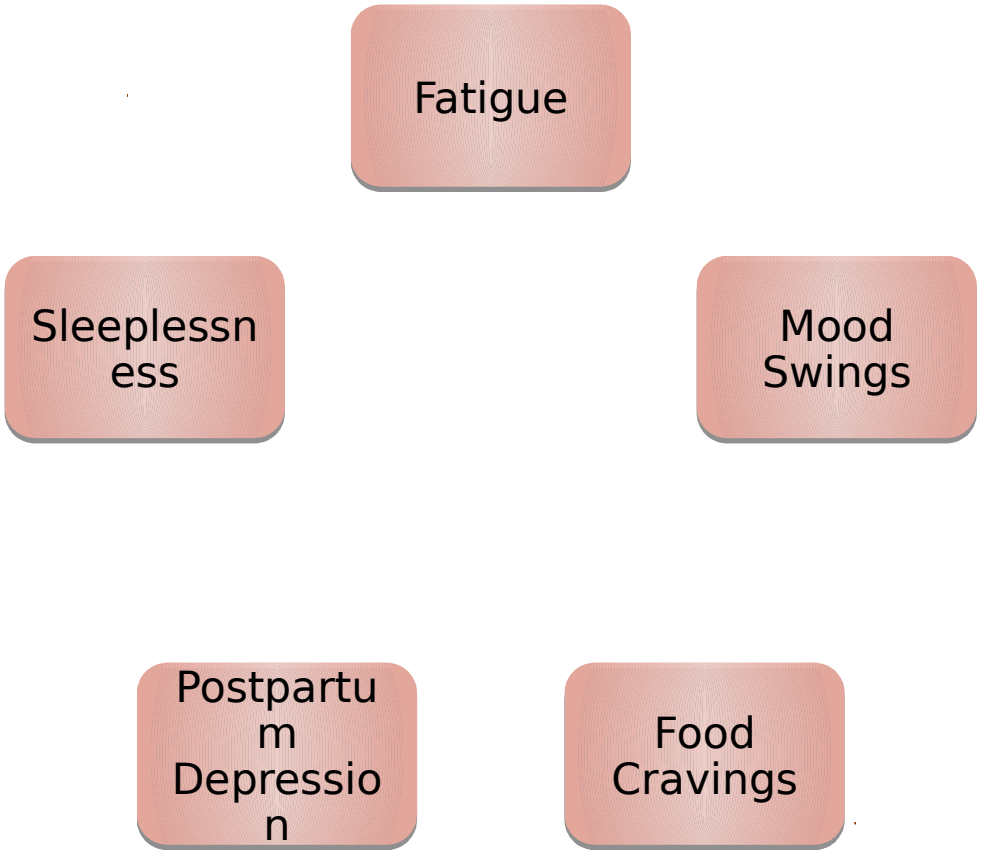
- **Leg cramps**

  They are most often reported at night……how inconvenient!

- **Carpal tunnel**

  Can be normal during pregnancy due to increased swelling. May need to ask about wearing wrist splints for some relief.

Mood Changes



If you ever become bothered by your mood, talk to your OB/GYN. If you have thoughts of hurting yourself or others, seek immediate medical attention.

Breast Changes

- Increase in size
- Tenderness
- Nipples darken
- Stretch marks
- Leakage of colostrum*

Make sure to wear a well fitte
that is supportive. It's normal
breasts to increase 1-2 cup siz

*It's a good idea to carry breast pads in your purse, as breast can begin leaking milk at any time.

Uterine Changes

As soon as pregnancy occurs, your body starts making room for baby. The uterus begins to grow and it can be slightly uncomfortable.

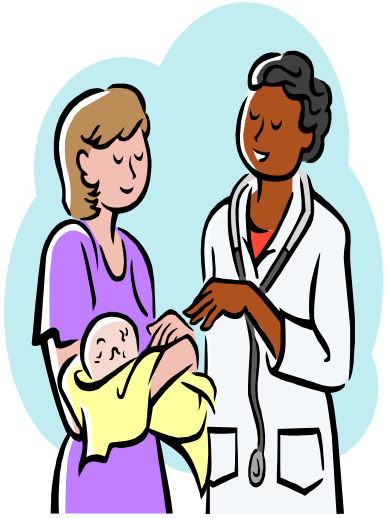
Some common symptoms include:

- Cramping
- Braxton-Hicks contractions
- Round ligament pain

ANY SUDDEN ONSET OF SHARP PAIN OR CRAMPING ASSOCIATED WITH VAGINAL BLEEDING SHOULD REPORT DIRECTLY TO THE ER FOR EVALUATION!

FYI……First baby movement is usually felt around 18-20 weeks

Some Helpful Information



What Labs/Screenings to Expect

- **Initial Labs- Blood and Urine**

  We're looking for blood type, signs of anemia or infection, as well as immunity to certain diseases, and HIV status.

- **Quad Screen and Cystic Fibrosis (voluntary)**

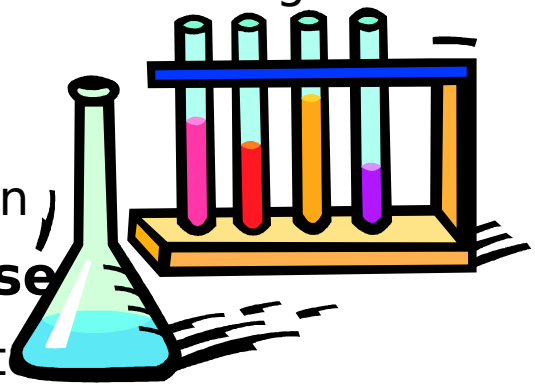
  Click on "Cystic Fibrosis and Quad Screening" to find out more

- **Anatomy Survey Ultrasound**

  Done around 20 weeks gestation

- **1 hour Glucose/3 hour Glucose**

  Screening for gestational diabet



- **GBS**

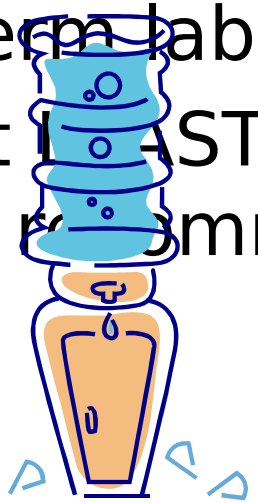
  Done around 35weeks of pregnancy

- **Edinburgh Postnatal Depression Scale**

  @ initial visit, 28wks and postpartum)

WATER!!

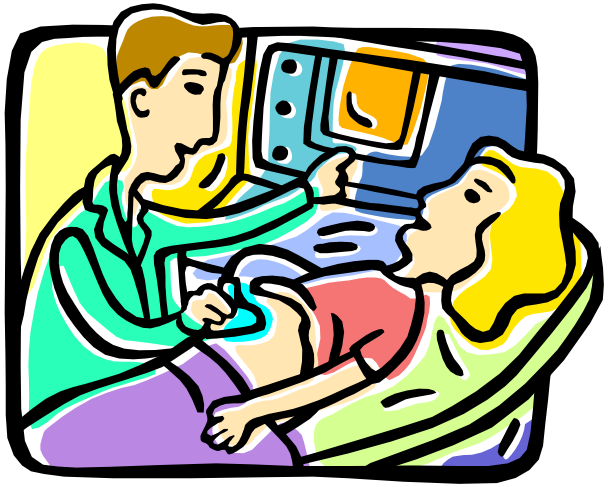
- The fluid acts as the body's transportation system, and carries nutrients through the blood to the baby.
- Adequate hydration will prevent UTI's, bladder infections, cramping and possibly preterm labor.
- Consuming at LEAST a [illegible] of water daily is recommended.



Ultrasounds

National standard of care is one ultrasound between 18-20 weeks for medical screening

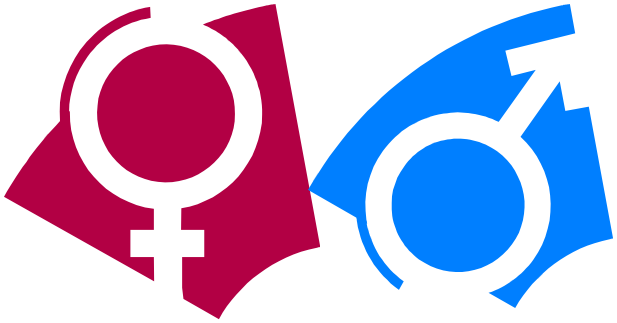
- Anatomy survey of the baby
- Scheduled through the radiology dept.
- Doctor will review results at your next OB visit
- Any other ultrasounds will be done at the doctor's discretion based on medical necessity
- "Souvenir" ultrasounds are available at many facilities off post



Exercise

- It is important to do some form of exercise while you are pregnant
- Exercising will help build up strength and stamina needed for laboring
- Consult your provider prior to beginning any new regimen
- You can do most forms of exercise for as long as you are comfortable
- Walking and swimming are great workouts for mommas-to-be!

Sex During Pregnancy



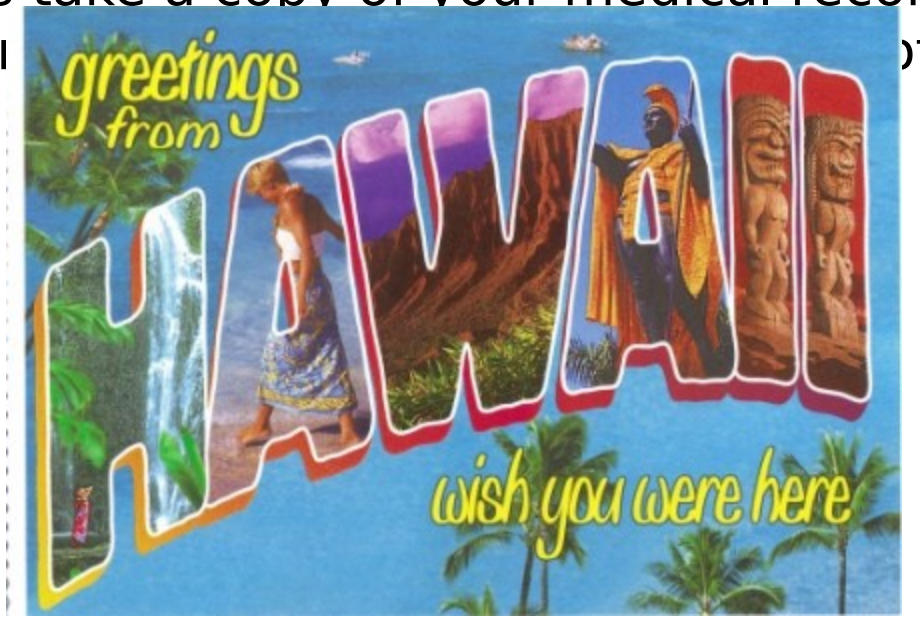
- May be enjoyed throughout pregnancy, unless otherwise indicated by your provider
- Will not harm the baby
- Discontinue sex if and contact your provider:
  - Vaginal or abdominal pain
  - Vaginal bleeding, itching, discharge
  - “Bag of water” breaks, or leaking amniotic fluid

Things to Avoid While Pregnant

- Raw, undercooked, or unpasteurized food
- Cleaning the litter box
- Tobacco, Alcohol, and Recreational Drugs
- Hot tubs or Saunas

Traveling During Pregnancy

- Consult your provider before taking any extended trips
- Travel is not recommended after 36 weeks of pregnancy
- Always take a copy of your medical records whenever travelii ther outside health



Signs to Report Immediately

- Bright red vaginal bleeding
- Gush of fluid from the vagina
- Four or more painful cramping contractions within an hour (after resting, hydrating, and emptying bladder)
- Persistent severe headaches, vision changes, seeing spots
- Fever over 100.5
- Inability to keep fluids down w/ reduced amount of urine

In Case of Emergency

Your resources for emergency care are:

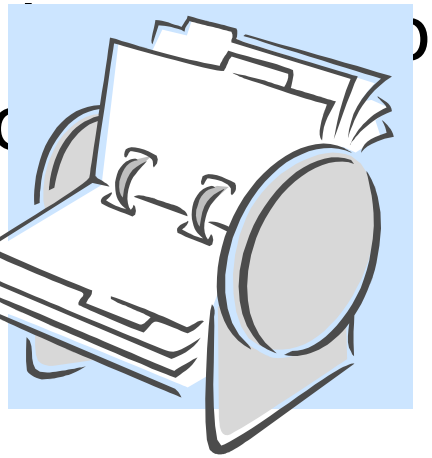
- Emergency Department (for pregnancy-related issues under 20 weeks and non-pregnancy issues): 380-3114
- Mother-Baby Unit (for pregnancy-related issues over 20 weeks): 380-3185
- OB clinic nurse triage: 380-0613

Cancellations/No Shows/Late Policy

- Call the OB Clinic to cancel your OB appointments *at least* 24 hours before the appointment time
- All cancellations less than 24 hours in advance can be considered a no-show
- Please arrive 15 min. early to your appointment
- Patients arriving 10 min or more late to an appointment will be considered a no-show

Keep Your Contact Information Updated

- Please make sure that the clinic has CURRENT phone numbers to reach you!
  - Allows us to reach you if we need to make schedule changes
  - Please let us [illegible] as any contact info c[illegible]



Checking In for Appointments

- Check in at the front desk
- Have your military ID (100% check)
- Have a seat until you are called to be screened
- If you have not been screened within 5 min of arriving, please inform the clerk
- If you have not been seen by your provider within 10 minutes of your scheduled appointment time, please inform the front desk
- Please make sure you've been greeted and screened

Children at Your Appointment

- Children are welcome to join you for appointments
  - Children must be accompanied by an adult other than the patient
  - The OB Clinic asks that you not bring your child(ren) to your initial visit, due to well-woman exam
  - It is prohibited to leave children unattended

OB Records

- ALL OB Clinic records are kept at the OB Clinic
- If a copy of an OB records needed, please allow 72hrs for record to be copied
- ETS/PCSing: Original records will be provided to you at your last visit upon presentation of orders
- After delivery, you will need to request a copy from Medical Records @ Mary E. Walker clinic

QUESTIONS?